



Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

2006
June



Project - Tues, June 13, 1 pm - Plant a Seed in a Pot for Dad or a special friend

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	2 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle, Canasta 9:30 Chinese Calligraphy 10:00 Bridge 1:00 Advanced Care Health Directive Gene Osofsky, Atty 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
5 Fremont Heritage Tour 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts 10-12 ICC Yoga & Meditation 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:45 Healthy Lifestyles 1-2 ICC Roundtable 1:00 Painting Class 1-4 Bingo! 1-3 Caregivers Support Human Services Large Conf. Room 1:45 Intern Spanish 2:30-4:30 Investing for the Mature Investor 6-7:30 Line Dance Class Drop-in \$6	6 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info & Reg (make an appt) 12:45-2:45 Karaoke-Com Cen 12:45 Los Amigos 12:45 Crafts 1:00 Speaker: Mark Loisel, D.D.S., "An Overview of Dental Implant History" 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	7 Sutter Home Vineyards and St. Helena Trip 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	8 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9-12 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	9 8:30 Walkers 9:00 Pinochle/Canasta 9:30 Chinese Calligraphy 10:00 Bridge 12:30 Bridge Basics 1: An Introduction 8 week series Pt 7 Birthday Party! Entertainment by The Fremontaires Photo ID Cards 12:30-2:30 1:00 Piano & Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 8 week series Pt 7 3:00 Tai Chi
12 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30 Medicare Counsel. 10:00 Harmonica (Carlton) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Bridge 12:30 Beg Spanish 12:45 Healthy Lifestyles 1:00 Painting Class 2:30-4:30 Investing for the Mature Investor 1:45 Intern Spanish 6-7:30 Line Dance Class, Drop-in \$6	13 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Plant A Seed, Life Grows – Pot a Plant for Dad or someone special 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	14 Flag Day 8:15 Tai Chi 8:30 Walkers 9:30-12:30 Photo ID Cards AC Transit picture ID (appt) 10:00 Current Events 1-4:45 Afghan Women 1-4 Footcare – appt 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	15 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	16 8:30 Walkers 9:30 Chinese Calligraphy 9:30 Sr. Commission Meeting 10:00 Bridge 12:00 Father's Day Lunch & Celebration 12:30 Baystrings Band 12:30 Bridge Basics 1: Introduction 1:00 Piano and Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 3:00 Tai Chi
19 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Hearing Screening 1-2 ICC Yoga & Med. 12:30 Beg Spanish 12:45 Healthy Lifestyles 1-2 ICC Roundtable 1-4 Bingo! 1:00 Painting Class 1:45 Intern Spanish 2:30-4:30 Investing for the Mature Investor 6-7:30 Line Dance Class Drop-in \$6	20 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Reg Appt. 12:45 Crafts 1:00 Trip Meeting– Mozart, Branson, US Heritage 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	21 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	22 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9-12 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	23 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Piano and Guitar Lessons 1:00 Pinochle/ Canasta 1:45 Needlecrafts 3:00 Tai Chi
26 8:15 Tai Chi 8:30 Quilters 9:30 Medicare Counsel. 9:30 Builders Fund Bd. 10:00 Harmonica (Carlton) 11-3 Amer. Muslims Mtg. 12:00 Bridge 12:30 Beg Spanish 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Intern Spanish 6-7:30 Line Dance Class Drop-in \$6 7-9 Parkinsons Support	27 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 12:45 Crafts 12:45-2:45 Karaoke 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	28 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Legal Assist. for Seniors 10:00 Current Events 1:00 Card Making for 4th of July & US Troops 1-4:45 Afghan Women 1-4 Footcare – appt 1:00 Pinochle/ Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	29 Jackson Casino Trip 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	30 8:30 Walkers 9:00 Pinochle/ Canasta 9:30 Chinese Calligraphy 10:00 Bridge 1:00 Pinochle & Canasta 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi